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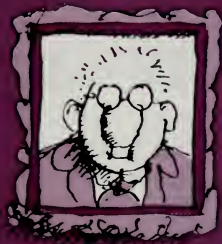
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FOOD NEWS

FOR CONSUMERS

United States Department of Agriculture Volume 3 Number 3 Fall 1986

What 3 Factors
Could Make this
Fellow Fat?



1. _____
2. _____
3. _____

Answers and
complete
story on
page 6.

How Safe are Vending Machines,
Salad Bars—See "What's New for Lunch?"

Bypass Botulism by Solving
"The Case of the Fizzing Green Beans"

FOOD NEWS

FOR CONSUMERS

Fall 1986
Vol. 3, No. 3

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PERSPECTIVES



Dear Reader:

How much do you know about USDA's Food and Fitness program?

Begun in 1983, the Food and Fitness program is designed to bolster public awareness that nutrition and exercise must work hand-in-hand for total health. Consequently, the 1986 theme is "Food and Fitness: An Everyday Event."

The Cooperative Extension Service is one of several USDA agencies offering programs to help Americans improve both diet and exercise.

What are they doing? Last year the Texas Extension Service started "Fit for Life," which emphasizes that life-long changes in exercise and eating behavior are often necessary to ensure good health. Results? At the end of just one year, participants have significantly improved their diets. They show measurable increases in physical flexibility, reductions in body fat and improved cardiovascular fitness. And 66 percent are now exercising regularly, compared to 25 percent at the start.

To find out what's happening in your area, check with your Cooperative Extension Service office. Look under the state or federal government listings in the phone book. Or contact our national Food and Fitness Office, HEHN-ES, Room 3438 South Building, USDA, Washington, D.C. 20250. Phone: (202) 447-8855.

Fitness has other meanings too. Consider "nutrition fitness" as covered in USDA's recent Dietary Guidelines, and food safety considerations as in "fit to eat."

With this in mind, we recently debuted a computerized *Food and Nutrition Information* service on USDA ONLINE, available on the Dialcom system. For more information on the new service, contact Lillie Vincent, Office of Information, Room 536-A, USDA, Washington, D.C. 20250. Phone: (202) 447-8157 or "AGR207" via Dialcom.

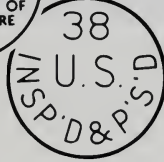
As food and nutrition professionals, you play a key role in helping consumers meet their food and fitness objectives. Please continue to let us know how we can help you.

Sincerely,

Ann Collins Chadwick

Ann Collins Chadwick, Director
Office of the Consumer Advisor
Phone: 202/382-9681

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Consumer Education

Hotline Calling— What's New For Lunch?

School and work lunches have moved far beyond peanut butter and crackers. Today's new "no-refrigeration" products greatly expand the choices. But consumers have questions about them too. So here are answers to those and other lunch problems from USDA's Meat and Poultry Hotline (800-535-4555).

Q: A lunch box with a thermos, sandwich, frozen ice pak, fruit and books is quite a load for a small child. How can I pack a lighter, but safe lunch?

A: You're wise to be concerned about keeping the food safe. But you can pack a lunch that's both light and safe. Try freezing the sandwich. This eliminates the need for a freeze pak. The sandwich will thaw in time for lunch. Use coarse-textured breads that won't get soggy during thawing. Pack separately the lettuce, tomato or other add-ons that don't freeze well. Your youngster can add them at lunch.

Also try the new no-refrigeration fruit juices in wax-paper cartons. This eliminates the heavy thermos. You can chill or freeze them overnight for a still-cool drink for the child's lunch.

Q: How can you tell if food from a vending machine is safe?

A: Beef stew, chicken soup, spaghetti and other canned foods should—if the cans aren't rusted, dented or bulging—be safe to eat even at room temperature. Of course, they taste better hot. And if they come out of the machine steaming, that's a good indication

the machine is working and that the company is servicing it properly.

Cold perishables, though—a ham salad, egg or tuna sandwich, milk or ice cream bar—must be cold to be safe. This means holding temperatures of 40°F for refrigerated; 0°F or lower for frozen items.

How to tell if it's cold enough? Refrigerated sandwiches should feel cold. Frozen items should be frozen solid.

Check for freshness too.



Use-by dates and your nose will tell if something is stale. Discard any food with an off-odor. If the machine is malfunctioning, post a warning note for other buyers. Then call the company. If you can't get repairs, call your local health department.

Q: The new "no-refrigeration" packaged meals look easy to take in a lunch, but are they safe?

A: There is very little difference between the new "no-refrigeration" items and canned goods. They are sealed in pouches—called retort packages—that are really just lightweight, flexible "cans." They're vacuum-packed and cooked like canned goods. They have a similar shelf-life too—2 to 5 years as long as the pouch is intact.

Caution: Don't even taste food from a bulging or leaky pouch.

Q: Can you get food poisoning from a salad bar?

A: Bacteria and viruses that cause food poisoning and other illnesses are everywhere. They are easily spread by hands or coughs and sneezes. While most of them don't grow well in green vegetables, they can multiply rapidly in perishable foods like cheese, meat, poultry, tuna, eggs and cottage cheese. Therefore it's best to:

— Choose only fixin's you're sure are cold. This means food from down inside the refrigerated area of the metal well.

Don't use food that's been shoved up out

of the well—to the rim or onto the surface of the table. Displaced food won't stay cold, and any disease agents present can start growing. If you see this situation, alert management.

— Only patronize salad bars that are carefully watched by management. This protects against users getting their fingers into food or dressing, replacing items that have fallen on the floor or committing any number of blunders.

—Irene Goins

The Hotline operates weekdays, 10 to 4, Eastern Time.

FOOD NEWS Quiz #4

How did USDA's well-known meat inspection stamp originate?

While Departmental documents on the first inspection stamps are sketchy, we know that, before government inspection was the rule, many Americans looked to the butcher for safe products. And some butchers tagged their products as "inspected." That may be the origin of inspection "stamps."

By 1906, when the Federal Meat Inspection Act was passed, a

U.S. INSP'D
★ 254 ★
& PASSED

In 1910, the square mark had given way to today's round shape.

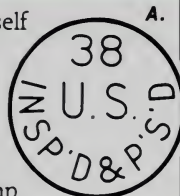
In fact, the stamp itself is still used on large cuts in meat plants.

As canned and frozen products grew in number, the processed meat stamp was developed in 1938.



So the U.S. Department of Agriculture now uses *three* stamps to assure consumers that meat and poultry products have been federally inspected for safety and wholesomeness.

Stamp "A", used to mark in-



The poultry stamp was introduced in 1957, following the passage that year of the Poultry Products Inspection Act.



spected first cuts in meat plants, is rarely seen by consumers.

Stamp "B"—for processed meat products, and stamp "C"—for poultry products—are the round seals you see in the store.

All processed red meat products—from canned beef stew to weiners—carry the meat stamp. The letters "EST." for "establishment" precede the number of the plant where the product was made.

The poultry inspection stamp appears on all frozen and processed poultry products and on some fresh poultry. You may not see it, though, on fresh poultry that has been bulk shipped and re-packaged at the store. On the poultry stamp, the letter "P" precedes the number of the production plant.

Got it stamped on your mind, now?

—Irene Goins

News Wire

USDA "Trims Fat" on Meat and Poultry Products

USDA has given producers of meat and poultry products a year—until March 1987—to meet stricter labeling requirements. At that time, only products meeting the new lower-fat restrictions will be allowed to make "lite" or "lean" type claims on the label.

"Today, many consumers are trying to lower their fat intake," said Margaret Glavin, director of the Food Safety and Inspection

Service's Standards and Labeling Division.

"Our new standards will ensure that lower fat claims appear only on products that are naturally low in fat or on products that contain significantly less fat than normal," said Glavin.

What are the standards? The "extra lean" claim is reserved for products containing no more than 5 percent fat. The actual amount of fat must appear on the label—for example, "This product contains 4 percent fat."

"Lean" and "low fat" claims can be used on products containing no more than 10 percent fat, which must also show the amount of fat in the product.

"Light," "lite," "leaner" and "lower fat" claims can be used on products containing at least 25 per-

cent less fat than the majority of such products in the marketplace. But the comparison must be explained on the label. For example, the label for "leaner ground beef" might say "This product contains 20 percent fat, which is a third less fat than that in regular ground beef." Under USDA standards, regular ground beef can contain up to 30 percent fat.

Tightening standards on low-fat claims was the result of a petition to USDA from the Center for Science in the Public Interest. The consumer advocate group felt the previous standards might "confuse or mislead" consumers. The American Meat Institute, representing meat processors, also supported the changes.

—Irene Goins

Special Feature

What Makes Us Fat?

by Mary Ann Pamley

What makes us gain weight and why is it so *hard* to lose? Scientifically speaking, there are no easy answers. But this article covers some current thinking on the subject. Which is . . . ?

Most recent findings indicate that the body is genetically programmed to defend its customary or usual weight.

That's why trying to lose weight and keep it off—although important for health—is so hard. To review this problem, let's start with the caveman, -uh, cavewoman.

The Curse of the Caveman.

Easy weight gain is probably a legacy from our early ancestors. Subject as they were to the ups and downs of feast or famine, only those who could maintain a steady weight survived. So over time, the body learned to "store" food energy for emergencies. These stores developed as deposits to what we now know as fat cells.

The Fat Cell Theory of Weight Maintenance. Fat cell theorists assume that early in life, depending on a baby's genetics and how he's fed, the baby produces a certain number of fat cells. The baby then carries these cells through life. He never loses any of them. Later weight reduction will only shrink the size of these fat cells. And recent research shows that, worse than never losing a single fat cell, you can add more whenever you overeat for an extended period. Plus, the more fat cells you accumulate, the hungrier you feel. They continually signal the brain wanting to be fed.

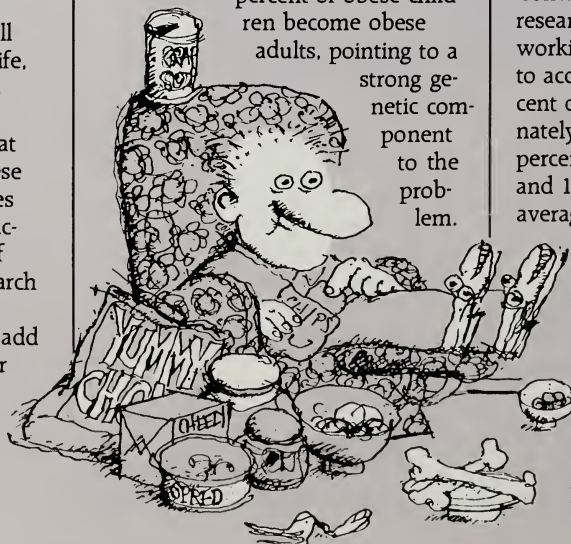
The Set Point Theory. Everyone has a built-in fat cell impediment to losing weight, right? But what do the theorists mean when they talk about a set point that maintains weight? Think of your furnace thermostat. Set it for 65°F and it keeps the house at that temperature. Likewise, the set point mechanism of a 168-pound man, for instance, corrects for food and exercise variables and keeps him at that weight whether he is 5'4" or 6'1", plump or ultra-thin.

How does set point work if our 5'4" man tries to lose weight? It reduces his metabolic rate in direct proportion to the severity of his diet. The less he eats, the fewer calories his body burns. Therefore, a crash diet could send him into "starvation mode" where he uses 20 to 30 percent fewer calories than usual. Why? His "caveman" body feels threatened.

You've probably noticed this effect yourself if, several weeks into a strict diet, you "plateau" and can no longer lose. This means the body is fighting back to "save" you.

So far none of this is good news for dieters. What else have obesity researchers found lately?

Genes Can Make You Fat. It has long been known that 70 to 80 percent of obese children become obese adults, pointing to a strong genetic component to the problem.



And the University of Pennsylvania's Dr. Albert Stunkard just added another proof to the inherited nature of much obesity. Studying Danish adopted children, he found that, as adults, these people overwhelmingly resembled their real rather than their adoptive parents as to body weight. Of course, dietary habits learned in childhood also influence adult weights. But, said Stunkard, in a phrase widely quoted, if you are genetically at risk for obesity, your best choice is to "*eat defensively*."

Body Composition—It's Better To Be Lean. At USDA's Beltsville, Maryland, Human Nutrition Center, researcher Dr. Joan Conway is exploring another aspect of obesity—total body composition. She evaluates the body for how much is fat tissue and how much is lean. How lean you are, Conway says, may be an even better indicator of "real fitness and health" than your weight alone. Many inactive older people, for instance, show no weight gain, but over time show decreased lean and increased fat tissue.

To examine how percentage of body fat affects overall health, Dr. Conway and several other USDA researchers around the country are working on new, quick field tests to accurately measure what percent of the body is fat. Unfortunately, while the optimum fat percentages are 8 to 15% for men and 18 to 25% for women, the average American man currently measures 10 to 20% fat; the American woman, 20 to 30%. Clearly bodies are adept at storing fat and sabotaging diets. How does the body respond to exercise?

Exercise? Keep At It.

While you may feel, like *Time* magazine food writer Mimi Sheraton, that you'd



have to swim to China to be able to eat an extra eggroll when you got there, the exercise picture is not really that bleak.

True, over the short term, exercise isn't a dramatic help, but moderate exercise over a long period can be terrific! One study showed that simply by taking a 30-minute daily walk (no change in food intake), a group of overweight women averaged 20-pound weight losses over a year's time.

The hot debate currently raging over exercise is whether it can raise the body's metabolic rate—the rate at which the body burns calories—and keep it up. In other words, if the body burned calories

faster, you could lose weight more quickly.

Some studies show a metabolic rise only during and immediately

after exercise. But Dr. Judith Stern and her colleagues at the University of California at Davis, show sustained metabolic increases (for some 12 hours) in subjects that vigorously exercise 30 minutes a day.

This is good news for those who will exercise regularly. However, one discouraged doctor wrote, "Almost uniformly, my obese patients show a marked disinterest in gym shoes, stationary bicycles or any of the paraphernalia of a brisk workout."

Calories—Looking For More Precise Values. Finally, of course, we come back to the cold fact of calories. At least, Dr. Paul Moe, head of USDA's Energy and Protein Nutrition Lab, Beltsville, hopes that with his new calorimeter—a live-in room that measures exactly how many calories subjects are burning, we will see some advances in basic calorie research.

Plot Your Own Lower-Calorie Plan With This Formula:

1. Figure how many calories you use just "stayin' alive" (excluding exercise), by multiplying your present weight by 10. Say you're a woman weighing 132 pounds, $132 \times 10 = 1,320$ calories for basic body functions.

2. If you're an average, fairly sedentary type, add 396 "exercise" calories, $1,320 + 396 = 1,716$. This is your maintenance level. (Dietitians estimate the 396 exercise calories as 30 percent of the base calorie requirement— $1,320 \times .30 = 396$.)

3. To lose a pound of fat, real weight loss, you must give up about 3,500 calories. Try subtracting 500 calories a day, $500 \times 7 \text{ days} = \text{a } 3,500 \text{ calorie loss per week.}$

Thus you can "spend" $1,716 - 500 = 1,216$ calories on food daily and still lose a pound a week.

Specifically, Moe and his team will be testing the standard Atwater calorie values for foods—derived by USDA scientist Wilbur Atwater at the turn of the century—to see if these accepted calorie counts hold steady under differing circumstances. For instance, does the calorie count of a specific food stay constant if eaten as part of a very high-fat or a very high-carbohydrate diet? And do individuals "absorb" differing amounts of calories from the same food based on their exercise levels, high or low?

These studies will help Moe assess, he says, the age-old problem of how much obesity is due to overeating and how much is due to individual metabolic differences in overweight people.

Ready to Diet Anyway? Yes, it's very much worth dieting, despite the problems. And here's how the experts advise going about it:

1. Diet before you have a real problem. Remember, excess weight

gain can add hard-to-lose fat cells.

2. Check with your doctor for a well-balanced, moderate-calorie diet suited to your needs. Most such diets advise that you:

- Reduce your intake of alcoholic beverages.
- Lower fats and sugars.
- Increase carbohydrates from raw fruits, vegetables and whole-grain breads and cereals.
- Use low-fat dairy products.
- And include some lean meat, fish, and poultry (preferably cooked without the skin).

Weight loss? 1 to 2 pounds a week.

3. Remember that quick weight loss is an illusion. You lose primarily fluids, not body fat. For some people this can also be dangerous.

4. Regular daily exercise will aid your diet goal, especially over time.

5. If you're seriously overweight, it's essential that you see your doctor before dieting. A medically supervised fast might be recommended. Counseling or a self-help group, where you examine "why" you eat, also helps many dieters.

Long-range. Dr. Gerald Combs, an administrator at USDA's Beltsville Human Nutrition Center, says, "While it's good to keep your weight within normal limits, too many people are 'nervous' about it now. If you lower calories and exercise more as you get older, that's enough. If the woman next door is still thinner than you are, maybe it's genetic."

Looking to the future, Dr. Combs feels that "as obesity is such a complex issue—the brain, hormones, cell interactions are all involved—its control will hinge finally on unraveling some basic bio-chemistry. We need to know how appetite and satiety operate at the cellular level."





The Case of the "Fizzling" Green Beans?

It was Sunday morning, and the Andersons were preparing to host their annual family reunion. The aroma of fried chicken and apple pie and the sounds of out-of-town relatives filled the house.

As dinner time neared, Mrs. Anderson went to the basement for home-canned green beans and tomatoes for the table. As she opened them, she noted the tomatoes were fine. They had held their rich color from last year's harvest. Opening the beans, however, was a shock. The lid came off with a "whoosh", and the liquid was cloudy not clear.

Good grief! she thought. Could this mean botulism? She'd once heard that when canned goods spurt like that, it was a danger sign.

She thought back to last summer when she canned the beans. She'd followed the instructions in her cookbook. The only thing was she didn't have a pressure cooker as recommended. So after filling and capping the jars, she boiled them extra long so—as she thought—they'd be safe.

Fortunately for all the Andersons, she didn't serve the green beans. Later tests at the county health department showed the beans did contain botulinum toxin.

What was her mistake?

A. Not using a pressure cooker to can the beans?

or

B. Storing the jars at room temperature in the basement?

The Answer is "A." Only a pressure cooker can heat food in the jars well enough—to 240°F—for a period necessary to destroy the

tough botulinum spores. The spores can survive long after other botulinum cells are dead.

That was the problem with these green beans. Mrs. Anderson didn't follow the proper canning procedure, so some botulinum spores survived. They grew and produced toxin in the year the beans sat in the basement. The spores, which grow at room temperatures, multiply quickly in the 90–100°F range.

Another danger in canning is that it creates a partial vacuum inside the jar and botulinum spores *love* low-oxygen living.

Why did the beans develop botulism but the canned tomatoes didn't? Botulinum spores don't do well in acidic environments. These must have been high-acid tomatoes. Green beans are low-acid. Alas, Mrs. Anderson had to destroy her entire supply of green beans.

Where do botulinum bacteria and spores come from? They surround us, and are particularly numerous in soil and water. That's why we find them on fruits and vegetables.

How do people get botulism? Because it's easier for the home canner to make mistakes, home canned foods are a common source of botulism. Less often, botulism develops in commercial canned goods. Recent botulism outbreaks have also been traced to restaurant foods—sauteed onions, baked potatoes, pot pies—held too long at room temperature.

Bypassing Botulism.

Play it safe with botulism—it's a rare, but deadly food poisoning. If

you see any danger signs in canned goods—bulging lids, milky liquid—throw them out. Never *taste* suspect food! Even a tiny bit of toxin can make you very sick.

Next year the Andersons will know to use a pressure cooker to can low-acid foods (beans, corn, beets, carrots, peas, meat and poultry), and to follow specific directions for specific foods.

Be cautious with all home canned foods—some botulism-tainted foods don't show any signs. Before use, boil all home canned foods for ten minutes. Boiling destroys any toxin that might be present. If the food develops an odor or looks odd, though, discard it anyway.

To prevent botulism in other foods: Heat foods thoroughly and either eat or refrigerate them immediately. Don't let them stand at room temperature or in chafing dishes for long periods of time.

How does botulism make you sick?

In 12 to 48 hours after eating, the toxin attacks the nervous system. Double vision and difficulty swallowing and breathing result. Untreated, people may die when nerves can't keep the chest muscles breathing. Anyone who may have botulism needs immediate hospital care—there is an anti-toxin and victims often need mechanical breathing support.

—Karen Stuck

Planning to can? Order: Home Canning of Fruits & Vegetables. USDA, 1983. (30 pps.) \$1.50. No. 174P. ATTN: R. Woods, CIC-Y, POB 100, Pueblo, Colo. 81002.

the Children's Page

"JUST LOOK AT THOSE HANDS!"

You've heard it over and over again: "Just look at those hands! Wash them!"

Sure, you get tired of hearing it. And you probably get tired of washing up so often.

But if you knew—and if grown-ups knew—exactly *why* it's so important, handwashing would be "number one" on everyone's list of things to do.

You say you washed your hands this morning after you woke up? That's good. But now it's lunchtime. You mean you haven't washed your hands again? Once a day just isn't good enough—not if you want to keep harmful bacteria and other germs away!

We all know human hands are wonderful things. They can clap and snap. They can hold a napping cat or stir soup in a vat.

But busy hands can also pick up dirt and germs. And these sneaky varmints love to play hide-and-seek.

Just look at the hands on this page. See the lines, cracks and wrinkles where dirt and germs hide. You can see even tinier nooks and crannies if you look at your own hand with a magnifying glass. It looks almost like a sponge, doesn't it?

While you're looking, you may also see some dirt. But no matter how hard you look, you won't see any germs. That's because they are tiny creatures (micro-organisms) that can only be seen through a microscope.

Where do germs come from? They live everywhere. In fact, billions of them grow and live on your body every day. Their favorite hangouts are your hair, under your fingernails and in the small folds of your skin.

Most of these germs won't hurt you. In fact, you can't even get rid of many of them, no matter how hard you try.

But germs also come from the world around you, and some of these *can* hurt you. They can make you sick. Luckily, these are the sort you can do something about.

Do you know where your last cold came from? Scientists believe most people get colds and other ill-

nesses by touching a sick person or by touching something a sick person touched. That doesn't mean you shouldn't touch other people or things. And it doesn't mean you have to wear gloves.

All you have to do is wash your hands.

Handwashing can also help you keep food safe. Let's say you're making lunch for your friends. If your dirty hands touch the food, germs could spread, grow and cause food poisoning.

So next time, don't just look at those hands—wash them! Follow these handwashing tips:

Wash Your Hands Often . . .

After you go to the bathroom. If you touch a cut or sore. And always *before* you touch food. Also, wash your hands after you touch raw meat or poultry. They may carry harmful germs too.

Lather Up With Soap and Warm Water. The suds scrub dirt and germs away.

Don't Leave Anything Out.

Wash your hands front and back and between the fingers.

Soap up your wrists too. And don't forget your fingernails. A good nail brush does the best job there.

Rinse Well In Warm Water.

Those pesky germs will go down the drain!

—Paula Klevan Zeller





PICK of the PUBS

—Angela Judge

**USDA's "Dietary Guidelines—
and Your Diet."** This set of
self-teaching booklets illustrates
each rule with additional informa-
tion on calories, menu planning and
recipes. \$4.50. No. 001-000-04467-2, 1986.

1. Eat a variety of foods 2. Maintain
desirable weight 3. Avoid too much
fat, saturated fat, and cholesterol
4. Eat foods with adequate starch
and fiber 5. Avoid too much sugar
6. Avoid too much sodium 7. If you
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Nutrition

___ 178P **Nutritive Value of**
\$2.27 **Foods.** Tables giving
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than 900 common
foods, including infor-
mation on calories,
sodium, calcium, chole-
sterol, vitamins and
more. Also includes Rec-
ommended Daily Diet-
ary Allowances (RDA's).
USDA, 1985. 72 pp.

___ 526P **Sweetness Minus Calo-**
Free **ries Equals Contro-**
versy. Discusses
research findings on

three artificial sweeten-
ers—saccharin, cyclamate
and aspartame (Nutra-
Sweet). FDA, 1985. 4 pp.

Food Dollars

___ 175P **Thrifty Meals for Two.**
\$2.50 Developed especially for
the older couple on a
limited budget, a guide
on how to shop for and
prepare hearty, nutri-
tious and economical
meals. Includes two
weeks of sample menus
and more than 40 rec-
ipes. USDA, 1986. 69 pp.

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The Consumer's Almanac

Highlighting Food Events for Fall

Event	Theme	Contact
National Popcorn Farmers Day Festival Sept. 12-13	Festival features Popcorn Ball gala and carnival. One ton of freshly popped popcorn will be given away.	Sheila Pittman National Popcorn Farmers Day, Inc., Box 231 Ridgeway, Ill. 62979 (618) 272-8971
American Soya Festival Sept. 17-20	Four-day festival featuring foods prepared with high-protein soybean products.	Don Sharp Amanda-Clearcreek Athletic Booster Club 9860 Thomas Hill Road Stoutsville, Ohio 43154 (614) 474-2288
National Pasta Month Oct. 1-31	To pay tribute to pastas that add fun, variety and good taste to so many American meals.	Helen Sullivan National Pasta Assn. 2233 Wisconsin Ave., NW Washington, D.C. 20007 (202) 333-7000
Oyster Festival Oct. 11	Oysters fixed every way—all you can eat!	Nicki West Chincoteague Chamber of Commerce, Box 258 Chincoteague Island, Va. 23336 (804) 336-6161
Brussels Sprouts Festival Oct. 11-12 Co-sponsor: N. Calif. Sprouts Growers Assn.	Celebrates the Santa Cruz central coastal area which produces 90% of our brussels sprouts.	Glen LaFrank Santa Cruz Beach Boardwalk 400 Beach Street Santa Cruz, Calif. 95060 (408) 423-5590
National Peanut Festival Oct. 11-25	A festival to honor the peanut agri-business.	Ann West National Peanut Festival Assoc. 1691 Ross Clark Circle, SE Dothan, Ala. 36301 (205) 793-4323
National School Lunch Week Oct. 12-18	To celebrate good nutrition and good school lunches.	Ramona I.T. Chun American School Food Service Association 4101 E. Iliff Ave. Denver, Colo. 80222 (303) 757-8555

—Liz Lapping

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FOOD SAFETY AND NUTRITION UPDATE

U.S. Department of Agriculture
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